

Workshop Notes: "The Perks of Being a USFSP Student" By: Tiffany Lyp

Great On-Campus Resources

Student Success Center: Tutoring <http://www1.usfsp.edu/success/>

Wellness Center: Counseling & Psychological Services, Crisis Intervention, Health and Health Promotion Services

Happiness Hour Tuesdays Sept 23- November 18 SL 2200 11AM-Noon Bring towel/Mat and water bottle

<http://www.usfsp.edu/wellness/>

Have 12 free sessions one-on-one throughout the year, massage chair, and also unlimited group sessions. Help create relax and stress free environment.

Okay so PEERS is a student-run organization that works with the Wellness Center. We're best known as the 'health & wellness' organization on campus. We try to encourage a healthy campus culture by raising awareness and engaging education on health topics that are relatable to college students. So throughout the year we host different events that focus on health topics such as: alcohol safety, sexual health, suicide prevention, nutrition & fitness, stress management, sexual assault & domestic violence, sun protection etc... Whatever that's most relevant to YOUR needs! So we're called PEERS - because we are your PEERS. We embody healthy lifestyles and responsible decisions - and encourage other students to do so too! Lastly, some of the members (like myself) are actually Leaders, and get to be a Certified Peer Educators! I have a higher ranking because we're certified to represent as advocates for students - but as a Member/Leader we serve for the students, so if students have any concerns or just need a friend, we will be active listeners and can reach out to them with right referrals if needed.

Wellness Center (SLC 2200) - is the health clinic on campus. It hosts your health services, counseling & health education. It's most preferred that you call to set an appointment, but you can also walk-in as well. They have many different services, so I advise that you check out their official website... But for a snip: basic flu shots, Pap smear (the well woman exam), group/individual therapy, HIV testings, some blood work, check ups, the Wellness Room, and you can always ask our Health Educator (Victoria Beltran) with any health question ... Services are free for students, unless there some lab work needed to be done. When costs are involved: if students have an insurance card it can be billed to the insurance company or it can also be payed through their Oasis. They also have a large supply of different health brochures - SO much - so students can always find any information that they need that's health related. Students are welcome to walk in and ask for free condoms (always located in the front lobby). Lastly, they're such sweet staff, I used their services & they care so much for students!
MORE INFO/QUESTIONS ON WELLNESS CENTER/P.E.E.R.S EMAIL KRISTINA HAMP AT kristinahamp@mail.usf.edu

Student Life Center: recreation room, other club and organization rooms, free printing (bull bucks: Each student receives on your ID a base fund of \$2.50 daily, which gives you about 22 pages per day. If you need to print more, it's going to cost you from your account (bull bucks) about \$0.11 per page)

Waterfront: kayaks, canoes, sailboats, paddleboard

<http://www1.usfsp.edu/waterfront/Announcements.htm>

MyStudioBooth in library Helps with presentations, projects, modules, and speeches.

<http://poynterdean.wordpress.com/2014/04/05/mystudio-booth/>

Store Discounts!

http://www.businessinsider.com/college-student-discounts-2014-6?utm_source=androidapp&utm_medium=referral

<http://www.usfspconnect.com/student-discounts/>

<http://www.hercampus.com/school/usfsp/student-ids-more-just-bad-picture-save-money-too>

Bulls in the Burg!

Website for USF Games:

<https://oss.ticketmaster.com/aps/usf/EN/account/logout>

Discounts!

Amazon Prime- free trial with free 2 day shipping, instant streaming of movies and tv shows, read free books each month, unlimited access to ad-free songs

Rosetta Stone- get 50% off various language level sets. Learn a new language!

Microsoft Office, Adobe, Quickbooks-

Microsoft Office, Adobe, Quickbooks, Rosetta Stone discounts at thinkedu.com/bn very good deals! So cheap!

Through USFSP Barnes & Noble Website > Click Offers

Find College Subscription Services

Various discounts and bunch of awesome magazines like Sports Illustrated, Time, Seventeen, Cosmopolitan, People, Entertainment Weekly, and so much more! at CSSmag.com

Busch Gardens Student Pass <http://seaworldparks.com/en/buschgardens-tampa/book-online/tickets/gobulls/>

You will need to have school id present with you when using the card. Same benefits as Fun Card. There will be restricted dates and discounted price point. Black out dates apply: 12/24-1/2 and 3/30-4/6. Does not include admission to select separate ticketed events (Howl-O-Scream and Christmas Town). Does not include parking or discounts on food and merchandise.

\$10 off General Admission tickets on Rowdie gamedays and ID Offer limited to 2 tickets per ID represented.

Dali Museum Free

Movies in the Park Free

Located on Beach Drive between 4th and 5th Ave. NE. Music begins at 6pm and movie at dark.

Purchase food and drink from vendors. Bring blanket or seat.

October 2

Music: Rio Bossa

Movie: Dead Poets Society

October 9

Music: The Kimi Tortuga Duo

Movie: Remember the Titans

October 16

Music: Betty Fox

Movie: Grease

October 23

Music: Rich Whitely & Co.

Movie: Napoleon Dynamite

October 30

Music: Between Bluffs

Movie: The Goonies

Final's Late Night Breakfast FREE FOOD!

End of semester during Finals!

Deans of the colleges will serve breakfast food items like pancakes, fruit, yogurt, eggs, burritos, sausage, bacon while the Reef, USC, and the food items are dedicated to a theme like last year was Harry Potter with HP Trivia and freebies!

Therapy Dogs International

PLAY WITH DOGS!

Nelson Poynter Memorial Library

Forbidden Banned Book all September long

Have various events throughout the year like therapy dogs- if you miss your furry friend at home.

Throughout the year!

Magician & Comedy Acts

Free Movies (on campus and in the park!)

Speakers and Lectures

Food Trucks in St. Pete (right around on campus like by RHO)

Harborwalk 10-2 Vendors

RHA Bingo Nights tuesdays at 6pm in ballrooms

Candy Grams

Fall Awesome

Opportunities/Events!

Disney Leadership Retreat

Don't forget to sign up for the Leadership Workshop at Disney's Hollywood Studios! For \$85 dollars this trip includes transportation, breakfast, a park ticket to Hollywood Studios, and a one of a kind leadership experience taught by the experts at Disney! So hurry and reserve your spot today!

For more information or questions contact: CJ Vila at cjvila@usfsp.edu or stop by SLC 1709.

Flyer*

Battle of the Buildings

Haunted House

Homecoming: Concert, Carnival (St. Pete & Tampa)

Glow Run

Carboard Boat races

Homecoming Dance all themed!

October 6-11 Once Upon a Homecoming themed

Homecoming Run 5K: Sunday October 5 @ 5pm with proceeds going to our local All Children's Hospital Miracle Network. Free for USFSP Students, \$15 for Faculty & Staff, and \$30 for General Public

Homecoming Kick off: Monday October 6 @4pm Harbor walk

Home Sweet Home Bake Off: Tuesday October 7 @11am

Java Jams: Tuesday October 7 @3pm in USC REEF

Homecoming Ball: Tuesday October 7 @8pm USC Ballrooms

Homecoming Carnival: Wednesday October 8@11am

Cardboard boar race: Wednesday October 8@11am

Pirate Pickin': Wednesday October 8 @5pm Harborwalk

Movie- Hook: Wednesday October 8 @9pm Harborlawn

Fired Up Chili Cook Off: Thursday October 9 @ 11am SLC

Magician- Nash Fung: Thursday October 9@8pm in USC Ballrooms

Spring Awesome Opportunities/Events!

Grand Prix (with TRiO SSS)

Black and White Formal

Benefit-A-Bull Fashion Show

GSA Drag Show

Giving Back!

Special Olympics

Special Olympics Bowling

Feeding the Homeless

Salvation Army

Waterfront/Beach Cleanup

School Drives

CLUB TRiO S4 meetings on Friday @3pm in COQ 101 (TRiO SSS Office) email for Nicole,
President more info or questions : nmessina1@mail.usf.edu

Fun Trio Events!

Movie Night

Game Night

Karaoke & Applebee's Night

Kayaking

Attending On-Campus Events together

Movie & Dinner

Grand Prix

THANK YOU SO MUCH FOR ATTENDING!

THANK YOU FOR READING THIS AND HAVING AN INTEREST IN THIS WORKSHOP TOPIC! 😊